



# Programme Nordic Family Days 2020

Love in the Family – Strength for the Church

## THURSDAY – MAY 21ST

- Ascension of the Lord  
12-16 Arrivals at  
Haugetun School  
16.00 Opening by  
the Bishops  
16.30 **Holy Mass**  
17.30 Family Games  
18.30 Dinner  
19.30 Evening Prayer

**Register by April  
1st at: [pastoral.  
no/nordiske-  
familiedager](mailto:pastoral.no/nordiske-familiedager)**

## FRIDAY – MAY 22ND

- 07.30 Breakfast  
08.30 Morning Prayer  
09.15 **Anders Card. Arborelius OCD:**  
*The Family – A School for Faith,  
Hope and Charity*  
**Sr. Sofie Hamring OP:** *Love and  
Do What You Really Want –  
Theology of the Body for Youth*  
Children's Groups:  
Catechesis/Activities  
10.30 Workshops & Crafting  
11.45 **Sr. Sofie Hamring OP:**  
*"Therefore Glorify God in Your  
Body" – An Introduction to the  
Theology of the Body*  
Youth and Children:  
Catechesis/Activities  
12.30 Lunch  
15.00 "Amazing Race"  
17.30 **Holy Mass**  
18.30 Dinner  
19.30 Adoration

## SATURDAY – MAY 23RD

- 07.30 Breakfast  
08.30 Morning Prayer  
09.00 Outing to Fredrikstad Old Town  
11.30 **Holy Mass** at  
St. Birgitta's Church  
12.30 Lunch offered by  
St. Birgitta's Parish  
15.00 **Sunniva and Ståle Kristiansen:**  
Love and Freedom in  
the Family  
Youth and Children:  
Catechesis/Activities  
16.00 Workshops  
17.30 Walking Rosary  
18.30 Grill Party  
19.30 Entertainment  
20.30 Evening Prayer

## SUNDAY – MAY 24TH

- 07.30 Breakfast  
09.00 Morning Prayer  
10.00 **Sharing and  
Summing Up:**  
What do we  
take home?  
11.00 Closing by  
the Bishops  
11.30 **Holy Mass**  
12.30 Lunch  
13.30 Departures





# Program Nordiskefamiliedager 2020

## Kjærlighet i familien – En styrke for Kirken

### TORSDAG 21. MAI

Kristi Himmelfart

- 12-16 Ankomst  
Haugetun  
folkehøyskole
- 16.00 Åpning  
ved biskopene
- 16.30 **Messe**
- 17.30 Familieleker
- 18.30 Middag
- 19.30 Aftenbønn

**Register by April  
1st at: pastoral.  
no/nordiske-  
familiedager**

### FREDAG 22. MAI

- 07.30 Frokost
- 08.30 Morgenbønn
- 09.15 **Anders Card. Arborelius OCD:**  
The Family – A School for Faith,  
Hope and Charity
- Sr. Sofie Hamring OP:** Love and  
Do What You Really Want –  
Theology of the Body for Youth
- Barnegrupper:  
Katekese/Aktiviteter
- 10.30 Workshops & Forming
- 11.45 **Sr. Sofie Hamring OP:**  
"Therefore Glorify God in Your  
Body" – An Introduction to the  
Theology of the Body
- Ungdom og barn:  
Katekese/Aktiviteter
- 12.30 Lunsj
- 15.00 "Amazing Race"
- 17.30 **Messe**
- 18.30 Middag
- 19.30 Tilbedelse

### LØRDAG 23. MAI

- 07.30 Frokost
- 08.30 Morgenbønn
- 09.00 Utflukt til Gamlebyen  
i Fredrikstad
- 11.30 **Messe** i St. Birgitta kirke
- 12.30 Lunsj i St. Birgitta menighet
- 15.00 **Sunniva and Ståle Kristiansen:**  
Love and Freedom in the Family
- Katekese/Aktiviteter
- 16.00 Workshops
- 17.30 Rosenkransvandring
- 18.30 Grillfest
- 19.30 Underholdning
- 20.30 Aftenbønn

### SØNDAG 24. MAI

- 07.30- Frokost
- 09.00 Morgenbønn
- 10.00 **Refleksjon og  
oppsummering:**  
Hva tar vi med  
oss hjem herfra?
- 11.00 Avslutning  
ved biskopene
- 11.30 **Messe**
- 12.30 Lunsj
- 13.30 Avreise

